Unit 2 HEALTH



A. PHONETICS

I Find the word which has a different sound in the part underlined.

1.	A. surf	B. roof	C. of	D. father
2.	A. laugh	B. though	C. cough	D. enough
3.	A. machine	B. chemical	C. Christmas	D. backache
4.	A. chin	B. architect	C. mechanic	D. headache
5.	A. rough	B. fast	C. although	D. ferry

II Put the words into the correct column according to the underlined part.

wife	*wives*	*of*	*vain*	*laugh*	*cough*
live	*enough*	*victory*	*paragraph*	*invention*	*rough*

/f/	/v/
.....	.....
.....	.....

B. VOCABULARY AND GRAMMAR

III Find one word which does not belong to each group.

1.	A. temperature	B. toothache	C. earache	D. earrings
2.	A. lemonade	B. orange juice	C. vitamin	D. milkshake
3.	A. eating	B. walking	C. jogging	D. running
4.	A. vegetable	B. allergy	C. fruit	D. junk food
5.	A. itchy	B. weak	C. weight	D. healthy
6.	A. good	B. tired	C. comfortable	D. relaxed
7.	A. swimming	B. watching	C. reading	D. listening
8.	A. volleyball	B. running nose	C. baseball	D. swimming
9.	A. flu	B. cold	C. fever	D. necklace
10.	A. fit	B. toothache	C. healthy	D. strong

LIVEWORKSHEETS

IV Look at the pictures and complete the sentences using the words below.

a running nose	*junk food*
cycles to school	*does morning exercise*



1. You shouldn't eat too much ..... because it willmake you fat.



2. My father..... every day to keep fit.



3. In cold weather, children easily have .....



4. He .....every day because it is good for his health.

V Match the illness with the suitable symptom.

1. toothache	1.....a.	you have a high temperature
2. fever	2.....b.	a pain in your tooth when you have a cavity in your tooth
3. sore throat	3.	c. you make a loud sound which sometimes affects people around you.
4. stomachache	4.....d.	a pain in your stomach.
5.cough	5.....e.	a pain in your throat

VI Complete the following sentences with "more" or "less".

1. Drink ..... water but .....coffee.
2. Eat ..... meat but .....vegetables.
3. Spend time .....on video games.
4. Do..... exercise.
5. Eat .....candy.
6. Cycle to school .....
7. Spend.....time playing sports.
8. Spend.....money buying junk food.

VII Complete these sentences using "or, and, but, so".

1. If you want to be fit and healthy, you should eat less junk food..... more vegetables.
2. Which activity is better for us, playing sports .....watching TV?
3. She wants to stay in shape, ...she does morning exercise every day.
4. Sports like riding a bicycle .....running use a lot of calories.
5. The expert says that cycling uses more calories than walking, ...running uses the most calories of all.

LIVEWORKSHEETS

VIII Find and correct the mistakes in the following sentences.

1. You should eat more sweets because you may have a toothache. .....
   A B C D
2. It will be good for her if she relax more. .....
   A B C D
3. You shouldn't take up a sport. It will make your health better. .....
   A B C D
4. Drink more water, but you will not be so thirsty. .....
   A B C D
5. He has a toothache, and he still eats a lot of sweet things. .....
   A B C D

IX Choose the best answer A, B, C or D.

1. Eating too much ..... will be harmful for your health.
   A. vegetables B. junk food C. healthy food D. fresh food
2. Do you think that playing outside all day will make you get .....?
   A. a sore throat B. a toothache C. sun burn D. a cold
3. You should be careful with ..... you eat and drink.
   A. what B. who C. why D. when
4. If you eat that strange food, you may get a/an ……..
   A. backache B. allergy C. fever D. temperature
5. If you follow a balanced diet, you will have a healthy …… .
   A. life B. style C. house D. line
6. Eating ..... drinking healthy things will keep you fit.
   A. or B. although C. but D. and
7. He will take part in an event. In this event, he will run, jump ..... swim.
   A. and B. but C. though D. or
8. Don't drink too much milk… .....you will gain your weight.
   A. so B. or C. and D. but
9. The doctor advised him to play more sports and ..... computer games.
   A. more B. little C. less D. least
10. Your eyes will feel dry if you watch TV .....read comic books a lot.
    A. and B. but C. though D. so
11. To ..... healthy, you need between 1,600 and 2,500 calories.
    A. let B. stay C. make D. do
12. I ate too much seafood, so I had a/an ..... yesterday.
    A. earache B. backache C. stomachache D. headache
13. We shouldn't spend much time …… TV and .....games.
    A. watching/play B. to watch/ to play
    C. watching/ playing D. to watch/ playing
14. My brother eats a lot of junk food, so he ..... on a lot of weight.
    A. turns B. takes C. brings D. puts
15. Eat more vegetable..... drink less beer and coffee.
    A. or B. and B. but D. so

C. READING

X Read the passage and answer the questions.

LIVEWORKSHEETS

KEEPING OUR TEETH HEALTHY

It's very important to have healthy teeth. Good teeth help us chew our food. They also help us look nice. How does a tooth go bad? The decay begins in a little crack in the enamel covering of the tooth. This happens after germs and bit of food have collected there. Then the decay slowly spreads inside to the tooth. Eventually, poison goes into the blood, and we may feel quite ill.

How can we keep our teeth healthy? First, we ought to visit the dentist twice a year. He can fill the small holes in our teeth before they destroy the teeth. He can examine our teeth to check that they are growing in the right way.

Secondly, we should brush our teeth with a toothbrush and fluoride toothpaste at least twice a day-once after the breakfast and once before we go to bed. We can also use wooden toothpicks to clean between our teeth after a meal.

Thirdly, we should eat food that is good for our teeth and our body: milk, cheese, fish, brown bread, potatoes, red rice, raw vegetables, and fresh fruits. Chocolates, sweets, biscuits and cakes are bad, especially when we eat them between meals. They are harmful because they stick to our teeth and cause decay.

1. Good teeth help us .....our food.
   A. be nice B. have good eyesight
   C. chew D. be important
2. When food and germs collect in a small crack, our teeth …….
   A. become hard B. send poison into the blood
   C. begin to decay D. make us feel quite ill
3. A lot of people visit the dentist only when …….
   A. their teeth grow properly B. they have holes in their teeth
   C. they have toothache C. they have brush their teeth
4. We ought to clean our teeth …….
   A. After breakfast B. before breakfast
   C. before bedtime D. Both B &C
5. We shouldn't eat a lot of …….
   A. red rice B. fresh fruit C. fish D. chocolate

D. SPEAKING

XI Choose the best options to complete the sentences.

1. My sister has an .....to sunflowers so I don't arrange them in the house.
   A. earache B. allergy
   C. itchy D. backache
2. Don't eat much ..... because it may cause .....
   A. diet – sickness B. vegetarian – obesity
   C. fruits – spot D. junk food – obesity
3. Drink more water when you have a .....
   A. sneeze B. temperature
   C. sickness D. toothache

LIVEWORKSHEETS

4. Some people suffer from..... after losing their jobs.
   A. depression B. allergy
   C. spot D. weak
5. The smoke or dirt can make us .....
   A. sunburnt B. toothache
   C. sneeze D. runny nose
6. I often feel ..... whenever I touch cats, so I always stay away from them.
   A. obesity B. sickness
   C. sunburn D. itchy
7. Eating too much can also cause a .....
   A. sore throat B. stomachache
   C. weak D. earache
8. My throat hurts a lot when I have .....
   A. a cough B. the cough
   C. an cough D. All are correct.
9. I can't .....when you continue to talk about that.
   A. concentrate B. compound
   C. coordinate D. conjunction
10. If you have any questions about health, you can ask our .....
   A. vegetarian B. expert
   C. triathlon D. cough
11. It's a .....that you will turn into a rabbit when you eat lots of carrots.
   A. myth B. depression
   C. weak D. good
12. Do more exercise and eat more vegetables to .....
   A. sunburn B. spot
   C. stay in shape D. put on weight
13. It's great to ..... on the beach in the morning.
   A. sunburn B. sunburnt
   C. sunbathe D. sneeze
14. A lot of young people often .....on the weekends.
   A. sleep in B. pay attention
   C. stay in shape D. put on weight
15. Running uses more..... than cycling.

LIVEWORKSHEETS

A. weight B. food

C. triathlon D. calories

16. You aren't fat, so you don't need to go on a .....

A. weight B. vegetarian

C. myth D. diet

17. It is said that ..... is bad for our health.

A. junk food B. calorie

C. compound D. conjunction

18. Water is very ..... to our bodies.

A. bad B. essential

C. necessary D. Both B &C are correct.

F. WRITING

XII Make compound sentences by using appropriate coordinators given below.

and	*but*	*so*	*or*	*for*

1. I have a terrible headache. I want to visit my doctor.

→ .....

2. She felt so tired and sleepy. She couldn't sleep.

→ .....

3. The patient needs a special treatment. Her health condition is getting worse.

→ .....

4. My mother should have a healthy diet. She needs to do regular exercise, too.

→ .....

5. You need to take some painkillers. You can visit the doctor if you want.

→ .....

LIVEWORKSHEETS